



Winter Vegetable Gardening Tips from Joyce Gemmell

Cabbage *Brassica family*

Cabbage comes in many sizes, shapes and colors_- Cannon , Dutch, Jersey Wakefield pointed and red, Ruby Ball and Savoy cabbage with its blue-green to light green crinkled leaves and creamy center. There is Chinese Cabbage that we will talk about later.

The Japanese have developed several hybrids in the past few years that resist splitting in warm weather (late spring here) and early varieties that would be good for spring planting here.

Cabbage is easy to grow in all areas if planted to mature in cool weather. Seeds germinate quickly at 70 degrees and a few days later at 59 degrees. Because the plant needs cool temperature to mature, it is best to start your own transplants with the variety of seed you want to grow. Nursery grown transplants are not usually named hybrids. Early varieties, inland, do not grow well as an early fall crop due to the still warm soil and daytime temperatures during late Sept. to the first part of November. It is better to use the early varieties, 60 -65 days for early spring planting and use the mid and late maturing varieties for fall transplants.

Start seed about 5 weeks before setting out. Cabbage does well with decreasing day length, however, fall plantings grow more slowly than early spring plantings. A variety that has a 70 day maturity date might take 30 days longer depending on our winter temperatures.

Cabbage grows well in soil high in organic matter and composted manure. Or use compost for soil amending and 16 - 20 - 0 as a pre-plant fertilizer, lightly applied.



Planting Dates: Coastal region

Plants can be set out from September to February.
Seeds can be planted from August to December.

Inland Region

Plants can be set out from September to February.
Seeds can be planted from August to October.

Space plants 12 inches to 2½ feet apart. New gardeners are surprised at the size of a mature cabbage. Some of the large Savoy cabbages will take the width of a 4 foot bed. General spacing is 12 to 18 inches for small varieties and 2 to 2½ feet for large varieties with 2 to 3 feet between rows. On raised beds, space 12 - 18 inches on a staggered pattern. Set transplants a little deeper in the ground, but don't bury bottom leaves. Avoid compressing the soil around the root ball as it retards root growth. Do not buy nursery transplants if they are root bound and stalks are kinked. Cabbage does very well under row covers and with drip irrigation.

Some recommended varieties are: Savoy Ace (85 days), Savoy King (90 days). These are both large plants. Spivoy Hybrid (50 days) is a small 15 - 18 inch diameter Savoy type for the garden. Treta (55 days) is a conical headed cabbage. Stonehead (70 days) is one of the Japanese hybrids and an All American winner. Emerald Cross Hybrid (63 days) is a Chinese Cabbage firm, round, red head.

Also check out ...

http://vric.ucdavis.edu/veg_info_crop/cabbage.htm

<http://www.ipm.ucdavis.edu/PMG/selectnewpest.cole-crops.html>



Nutritional Information...

Cabbage belongs to the Cruciferae family of vegetables, along with broccoli, collards, kale, and Brussels sprouts. It is typically round and is made up of leafy layers. Cabbage is an excellent source of antioxidants and vitamins K and C. It is also a good source of fiber, manganese, folate, vitamin B6, potassium, and omega-3 fatty acids. While served year round, it is enjoyed best during the late fall and early winter. This delicious vegetable is also low in calories: 1 cup of chopped cabbage provides only 28 calories. (Center for Nutrition Policy and Promotion, United States Department of Agriculture)

Nutritional value per 100 g (3.5 oz)

Energy	103 kJ (25 kcal)
Carbohydrates	5.8 g
Sugars	3.2 g
Dietary fiber	2.5 g
Fat	0.1 g
Protein	1.28 g
Thiamine (Vit. B1)	0.061 mg (5%)
Riboflavin (Vit. B2)	0.040 mg (3%)
Niacin (Vit. B3)	0.234 mg (2%)
Pantothenic acid (B5)	0.212 mg (4%)
Vitamin B6	0.124 mg (10%)
Folate (Vit. B9)	53 µg (13%)
Vitamin C	36.6 mg (61%)
Calcium	40 mg (4%)
Iron	0.47 mg (4%)
Magnesium	12 mg (3%)
Phosphorus	26 mg (4%)
Potassium	170 mg (4%)
Zinc	0.18 mg (2%)

Percentages are relative to US recommendations for adults.

Source: Wikipedia : USDA Nutrient database